

# Carrot Osso Bucco & Creamy Polenta

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8    Serving Size: 8 ounces (4 ounces carrots, 4 ounces polenta)

Ingredients	Quantity	Measure
Red pearl onions	8	ounces
Carrots, cut into 1 inch chunks	4	cups
Vegetable oil	1	tablespoon
Salt	1	teaspoon
Black pepper	1	teaspoon
Curry powder	1	teaspoon
Dry red wine, or vegetable broth	½	cup
Dry porcini mushrooms, processed into powder	1	tablespoon
Fresh cremini mushrooms, or button mushrooms	8	ounces
Prepared mushroom broth	1 ½	cups
Parsley leaves, flat leaf	½	cup
Lemon juice, fresh	2	teaspoons
<b>Polenta</b>		
Non-dairy milk, unsweetened	3	cups
Non-dairy margarine	1	tablespoon
Salt	1 ½	teaspoons
White pepper	1	teaspoon
Yellow cornmeal	¾	cup

## Preparation

1. Boil pearl onions for 1 minute.
2. Drain, trim and peel onions.
3. Heat oil in skillet.
4. Add carrots in a single layer, season with salt and pepper. Heat until brown, about 5 minutes, turn and brown other side.
5. Add pearl onions, sprinkle with curry powder, cook and stir until fragrant, about 1 minute. Add mushroom broth and porcini powder, bring to a boil.
6. Place into oven and braise carrots for about one hour or until tender. While carrots are braising, sauté creminis then toss with carrots.
7. When carrots are tender, take them out of the oven. Add in the red wine or vegetable broth, bring to a boil, and then cook for 3 minutes. Then, add sautéed creminis.
8. Prepare the polenta as follows:
  - a. Heat non-dairy milk and margarine over medium heat.
  - b. Add salt and pepper then bring to a boil.
  - c. Add corn meal a little at a time, whisking constantly.
  - d. Cook until creamy and thick, about 5-8 minutes.

# Carrot Osso Bucco & Creamy Polenta Continued

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## Serving Information

Put ½ cup of polenta on a plate. Top with ½ cup of carrots. Garnish with ½ tsp parsley leaves and 1/8 teaspoon lemon juice.

## Nutrition Information \*From USDA Nutrient Database

Calories: 195 Total Fat: 5.5g Saturated Fat: 0.8g Trans Fat: 0g Monounsaturated Fat: 2.4g Polyunsaturated Fat: 1.9g Carbohydrate: 26g Fiber: 4.4g Total Sugars: 8.2g Protein: 6.3g Sodium: 943mg Vitamin A: 570mg Vitamin C: 10mg Calcium: 64mg Iron: 2.2mg Folate: 43mcg

